

RSSDI
DC
2026 | Annual
Conference



Organised by:
RSSDI DELHI CHAPTER

21st ANNUAL CONFERENCE OF RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA **DELHI CHAPTER**

Theme: Translating Science into
Clinical Practice

📅 2nd August 2026 | 📍 Hotel Le Meridien, New Delhi

SCIENTIFIC PROGRAMME

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REGISTRATION



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21ST ANNUAL CONFERENCE OF THE RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA DELHI CHAPTER

Theme: Translating Science into Clinical Practice

2nd August 2026, Hotel Le Meridien, New Delhi

SCIENTIFIC PROGRAMME RSSDI DC 2026			
Sunday, 2nd August 2026, Hall- MMS Ahuja Hall			
Theme: Translating Science into Clinical Practice			
TIMING	TOPIC	SPEAKERS	CHAIRPERSONS
08:30am-09:00am	Registration		
09:00am-10:00am	PG QUIZ	<i>Dr. Mukesh Bhatia</i>	<i>Dr. Manisha Arora Dr. Amitabh Khanna</i>
10:00am-10:20am	Session: 1		
	When and How to Treat Prediabetes	<i>Dr. S Sengupta</i>	<i>Dr. Vivek Suman Dr. S K Chauhan Dr. Hemika Chawla</i>
10:20am-10:40am	Session: 2		
	Diabetes-Dementia Link and its clinical significance.	<i>Dr. Vinod Kumar</i>	<i>Dr. Geeta Duggal Dr. Hitesh Saraogi Dr. Jagdeep Chugh</i>
10:40am-11:00am	Session: 3		
	Role of Yoga in Diabetes	<i>Dr. SV Madhu</i>	<i>Dr. K S Chadha Dr. Aparna Agrawal Dr. Saurabh Srivastava</i>
11:00am-11:20am	Session: 4		
	Young Onset Diabetes: Beyond Type 2 – A Practical Clinical Approach	<i>Dr. Rajeev Chawla</i>	<i>Dr. Sandeep Garg Dr. R M Chhabra Dr. Rakesh Gupta</i>
11:20am-11:40am	Session: 5		
	Natural History of Fatty Liver Disease	<i>Dr. Anil Arora</i>	<i>Dr. Amitesh Agrawal Dr. Anuradha Gupta Dr. Ruchi Jain</i>
11:40am-12:00pm	Session: 6		
	Newer Trials in Pipeline In Diabetes	<i>Dr. Jugal Kishor Sharma</i>	<i>Dr. Anil Manchanda Dr. Anu Goswami Dr. Mohit Saran</i>
12:00pm-12:20pm	Session: 7		
	Redefining HFmrEF & HFpEF Care: Evidence from FINEARTS-HF Trial	<i>Dr. Aparna Jaswal</i>	<i>Dr. Rajesh Kumar Marya Dr. Subhash Saini Dr. Princi Jain</i>
12:20pm-12:40pm	Session: 8		
	Underrecognised Musculoskeletal Complications of Diabetes: What Every Clinician Should Know	<i>Dr. P D Rath</i>	<i>Dr. Sunil Attri Dr. Hemant Sharma Dr. Pankaj Gupta</i>
12:40pm-01:00pm	NATIONAL RSSDI PRESIDENT ORATION		
	Changing Scenario of T1D Care in India in last 2 Decades	<i>Dr. Anuj Maheshwari</i>	<i>Dr. Vinod Kumar Dr. S V Madhu Dr. Rajeev Chawla</i>
01:00pm-01:20pm	RSSDI DELHI CHAPTER CHAIRMAN ORATION		
	Diabetes and Beyond: From HbA1c to Organ Protection	<i>Dr. Girish Khurana</i>	<i>Dr. Anuj Maheshwari Dr. Jugal Kishor Sharma Dr. Shalini Jaggi</i>

01:20pm-02:00pm	Inauguration		
02:00pm-02:30pm	Lunch		
02:30pm-02:50pm	Session: 9		
	From Glucose Data to Action: Understanding CGM and AGP in every day practice	Dr. Dheeraj Kapoor	Dr. A K Kaushik Dr. Sandeep Miglani Dr. Inder Kasturia
02:50pm-03:10pm	Session: 10		
	Navigating Gestational Diabetes: From Detection to Delivery	Dr. Shalini Jaggi	Dr. Jyotsna Gupta Dr. Shubhangi Dubey Bhardwaj Dr. Archana khurana
03:10pm-03:30pm	Session: 11		
	Beyond Diabetic Nephropathy: Recognizing Non-Diabetic Kidney Disease in Patients with Diabetes"	Dr. Vikram Kalra	Dr. Amit Baweja Dr. L H Ghotekar Dr. Sunil Massand
03:30pm-03:50pm	Session: 12		
	The Cancer–Metabolic Syndrome Axis: Mechanisms, Clinical Implications, and Prevention Strategies	Dr. Shina Goyal	Dr. Mayur Mayank Dr. Anil Bali Dr. Harvinder Singh
03:50pm-04:10pm	Session: 13		
	The Evolving Landscape of Insulin: Novel Formulations and Future Directions	Dr. Meena Chhabra	Dr. Arvind Aggarwal Dr. Rakesh Sood Dr. S P Kalra
04:10pm-04:30pm	Session: 14		
	Emerging Oral Therapies in Type 2 Diabetes: Focus on Imeglimin and Lobeglitazone	Dr. V K Goyal	Dr. Moonish Aggarwal Dr. Kirti Soota Dr. Gunjan Agarwal
04:30pm-04:50pm	Session: 15		
	How to manage Diabetesity in clinics - pearls for practice	Dr. BM Makkar	Dr. Alok Joshi Dr. Yogender Gupta Dr. G S Sahney
04:50pm-05:00pm	Tea Break		
05:00pm-06:00pm	Obesity Symposium: Moderator: Dr. Anoop Mishra		
05:00pm-05:20pm	Foundation of obesity biology and dual-agonist Therapy	Dr. Anant Nigam	Dr. Pankaj Aneja Dr. Suresh Mittal Dr. Vinay Rastogi
05:20pm-05:35pm	Integrating evidence into clinical practice	Dr. Rajesh Rajput	
05:35pm-05:50pm	Case Discussion: Real World experience with Mounjaro	Dr. Vipul Gupta	
05:50pm-06:00pm	Q&A		
06:00pm-06:30pm	Panel Discussion: Moderator: Dr. Gautam Sharma		
	AI and technology in diabetes care and research	Dr. Hanish Gupta Dr. Mudit Sabharwal	Dr. RPS Makkar Dr. Paras Gangwal Dr. NN Jha
06:30pm-06:50pm	Keynote Address		
	Preparing a woman with diabetes for pregnancy	Dr. Sunil Gupta	Dr. Girish Khurana Dr. V K Goyal Dr. Vipul Gupta
06:50pm-07:10pm	Valedictory		
07:10pm-07:45pm	AGBM		
07:45pm onwards	Musical Evening and Gala Dinner		

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Sunday, 2nd August 2026, Hall- Vishvanathan Hall			
Theme: Translating Science into Clinical Practice			
TIMING	TOPIC	SPEAKERS	CHAIRPERSONS
08:30am-09:00am	Registration		
09:00am-10:00am	PG QUIZ		
10:00am-10:15am	Session: 1		
	Challenges in Managing Diabetes in Older Adults	<i>Dr. Hitesh Punyani</i>	<i>Dr. SK Aggarwal Dr. APS Riar Dr. Seema Shashi</i>
10:15am-10:30am	Session: 2		
	Postprandial Hyperglycemia: Why it Matters and How to Manage it	<i>Dr. Deepak Gargi Pande</i>	<i>Dr. Anil Vardani Dr. Sunil Kohli Dr. Dheeraj Diwan</i>
10:30am-10:50am	Session: 3		
	THE CKM SYNDROME a clinical prospective	<i>Dr. Atul Luthra</i>	<i>Dr. Rakesh Pandit Dr. Alpana Chugh Dr. Puneet Khanna</i>
10:50am-11:10am	Session: 4		
	Hypoglycaemia: Recognition, Prevention, and Management-current strategies	<i>Dr. Anupam Prakash</i>	<i>Dr. G S Kohli Dr. Gautam Datta Dr. Ashish Khattar</i>
11:10am-11:25am	Session: 5		
	Perioperative Diabetes Management: Improving Surgical Outcomes	<i>Dr. Deepak Gupta</i>	<i>Dr. Navneet Gill Dr. Kshitij Kumar Dr. Chander Kant Laheriya</i>
11:25am-11:40am	Session: 6		
	Optimising Hyperglycemia Management During Acute Illness and Hospitalization	<i>Dr. Vijay Arora</i>	<i>Dr. Bhavnish Sabharwal Dr. Sunil Bakshi Dr. Anil Gomber</i>
11:40am-12:00pm	Session: 7		
	IGlarLixi : A SOLID approach to Break Treatment Complexity	<i>Dr. Amit Rastogi</i>	<i>Dr. Ravi Pathak Dr. Anupama Khanna Dr. Jai Khullar</i>
12:00pm-12:20pm	Session: 8		
	Common Pitfalls in Diabetes Management: Recognition, Prevention, and Practical Solutions	<i>Dr. Ashok Taneja</i>	<i>Dr. Komal Sukhija Dr. Subhash Giri Dr. Pawan Goyal</i>
12:20pm-12:40pm	Session: 9		
	The Silent Complication: Diabetic Autonomic Neuropathy–Early Recognition, Diagnosis, and Management in clinical practice	<i>Dr. Amit Gupta</i>	<i>Dr. Ram Babu Dr. AS Ghai Dr. Pulin Gupta</i>
12:40pm-01:00pm	NATIONAL RSSDI PRESIDENT ORATION IN MMS AHUJA HALL		
01:00pm-01:20pm	RSSDI DELHI CHAPTER CHAIRMAN ORATION IN MMS AHUJA HALL		
01:20pm-02:00pm	Inauguration (MMS Ahuja Hall)		
02:00pm-02:30pm	Lunch		

02:30pm-03:00pm	Ethical Committee Lecture		
	Legal issue in medical practice "Current perspective"	Dr. Rajesh Kesari	Dr. A C Shukla Dr. Sarbani Datta Dr. Umesh Mittal
03:00pm-03:20pm	Session: 10		
	Tipping the scales towards CV benefits in obesity. Management with innovator semaglutide	Dr. Ashwani Mehta	Dr. VS Issar Dr. Sudhir Khetrapal Dr. Alpana Bhatnagar
03:20pm-03:40pm	Session: 11		
	Engineering for reduced insulin burden :The advent of Icodec	Dr. Anupam Biswas	Dr. Anjali Nakra Dr. D K Chauhan Dr. AK Malhotra
03:40pm-04:00pm	Session: 12		
	Beyond the hype: Why innovator Semaglutide's proven legacy sets the gold standard in obesity management	Dr. Kunal Chawla	Dr. Ajay Gupta Dr. Ajay Yadav Dr. Parineeta Kaur
04:00pm-04:15pm	Session: 13		
	PMOS and Diabetes: Understanding the Metabolic Link Across a Woman's Lifespan	Dr. Pooja Relia	Dr. Rajeev Bhatnagar Dr. I J Kalra Dr. Nitin Kura
04:15pm-04:30pm	Session: 14		
	Fasting, Feasting, and Diabetes;: Challenges and Clinical Solutions	Dr. Amit Sharma	Dr. Mayank Uppal Dr. J Rawat Dr. Mithilesh Kumar Singh
04:30pm-04:50pm	Session: 15		
	Flu & Shingles in India: Rethinking Adult Immunization	Dr. Atul Gogia	Dr. M S Mahar Dr. Manoj Rawat Dr. Kartikeya Kohli
04:50pm-05:00pm	Tea Break		
05:00pm-06:15pm	Workshop on Diabetic Foot	Dr. Ravi Mahajan Dr. Bharat Kotru	Dr. Govind Bisht Dr. Ashok Damir Dr. Sanjay Verma Dr. Sandeep Suri
06:15pm-06:50pm	FREE PAPERS	Dr. Amit Sharma Dr. Pooja Khosla	
06:50pm-07:10pm	Valedictory		
07:10pm-07:45pm	AGBM		
07:45pm onwards	Musical Evening and Gala Dinner		

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DC Annual
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